

2022 GOAL-SETTING WORKSHEET

Balanced goals help you live with intention. A well-designed life means living in alignment with your core—and not getting distracted or pulled in the wrong direction. Balanced goals help you live according to your passions by focusing on your values and utilizing your strengths. This worksheet will help you identify your goals in several important areas of your life and visualize how you will progressively achieve these goals.

To get started, think about what progress you'd like to see in each of the areas below and write it down. Then, in your Day Designer or on a separate sheet of paper, detail the actions you will take, routines you will set, and habits you will form on a monthly, weekly, or daily basis—to make progress on each of these goals.

	SELF CARE <i>Prioritize Your Health and Happiness</i>	RELATIONSHIPS <i>Friends and Family Matter</i>	PERSONAL DEVELOPMENT <i>Never Stop Growing</i>	RESOURCES <i>Time and Money</i>	VOCATION <i>Job, Career, Community</i>
3 MONTHS					
6 MONTHS					
9 MONTHS					
1 YEAR					